

kansas state collegian

An apple a day will keep the doctor away, but so can a little dark chocolate.

See page 6.

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tuesday, april 10, 2012

vol. 117 | no. 131



Tomorrow:
High: 61 F
Low: 45 F



Thursday:
High: 64 F
Low: 55 F

03

One week in October
This may be the year that Royals faithful have been waiting for since 1985.

04

Sun kissed
Are state mandated tanning laws necessary? See what Abby Belden thinks about them.



A little extra
Go to kstatecollegian.com to see videos and photo galleries.

Reaccreditation begins with Higher Learning Commission visits

Peer reviewers to seek student feed back on quality of university education, community engagement

Darrington Clark
edge editor

The Higher Learning Commission has begun conducting visits to K-State to begin the university's reaccreditation process. Monday marked the first day of the process.

"We have a team of 12 peer reviewers on campus," said Brian Niehoff, associate provost. "These reviewers come from schools across the nation. We have people from Minnesota to Illinois, to Wisconsin and Oklahoma, and they range from faculty, to deans and presidents."

The Higher Learning Commission of the North Central Association of Colleges and Schools is an independent accrediting organization that has provided K-State with national accreditation since 1916.

The accreditors will meet with K-State constituents and assess the university's programs and curriculum.

"The 12-person team will be visiting offices on campus," Niehoff said. "They are basically assuring the quality of K-State's programs and our processes."

Accreditation is a national assurance that a university is an esteemed and qualified place to pursue education. A university's accreditation includes distance and study abroad programs.

April Mason, provost and senior vice president, said that accreditation holds major importance for K-State students.

"Accreditation means that K-State students are graduating from a reputable university," Mason said. "What we're doing is saying, 'This is where we are.'"

National accreditation comes in two forms: institutional and specialized. The Higher Learning Commission and the review team deal with institutional accreditation. Preparations for this year's reaccreditation started in Fall 2009.

"We submitted a self-study that demonstrated our progress since the last accreditation visit," said Kirk Schulz, K-State president. "In this study, we emphasized our plans with the K-State 8 and the K-State 2025 plan."

Faculty and students aided in developing the self-study submitted by K-State.

"More than 100 people were involved on our self-evaluation," Niehoff said.

The current team of peer reviewers are confirming the information stated on the self-evaluation, as well as offering their opinion on the university. Accreditation is based on five areas of a university's practices: mission, future preparation, effective teaching and student learning, application of knowledge and service.

"Every self-study will claim that they are engaging all their students and staff," Schulz said. "The team members will meet with many K-State faculty and constituents and affirm what we have said. It's very positive that we have members from so many other schools coming in and giving us their opinion of how we're doing."

Student involvement has already been a key part of the

reaccreditation process, but there is always something K-State students can do.

"The team members will be walking from building to building and may stop students on the sidewalk," Niehoff said. "They may ask questions about the university and how students are doing."

The questions are meant to see how engaged students are in K-State's overall goals and plans.

"The reviewers want to see that students are not just passing through, but that they are a part of this community," Niehoff said. "And I think that they are."

Students will also have an opportunity to speak directly with the peer review team today on several occasions.

From 9 to 10 a.m., the K-State Student Union Big 12 Room will host a forum for graduate students. At 11:30 a.m., there will be a forum for international students in the International Student Center, room 104. The Little Theatre in the Union will host an open forum for all students from 2-3 p.m.

"They will be talking to students," Mason said. "They'll ask questions about the university, and we would love students to come in and attend."

It's very positive that we have members from so many other schools coming in and giving us their opinion of how we're doing."

Cam McDonald
Riley, Kan., resident

The peer reviewers will ask students about their personal experiences with K-State and about K-State 2025.

"We want our students to be as honest and up-front about us as they can," Schulz said.

The results from the peer review team's visit will most likely be available next semester.

"Once they're done here, they will go through their own process," Niehoff said.

"They will write us a draft report, we will draft a response, and those two reports will be looked over by the team leader. Then President Schulz will be delivered the final results."

Schulz plans to share the final results with the university when he receives them.

"When that report gets back, it will be widely circulated," Schulz said. "We will let everyone know what they tell us. My goal is to keep the campus involved."

Brainstorming for the arrival of the Higher Learning Commission has led K-State to make flyers and pamphlets, making sure that students are familiar with the K-State 2025 plan. The brainstorming even gave way to a unique form of advertising.

"During our brainstorming for this, we ended up creating a new ice cream flavor," Niehoff said. "In honor of the Higher Learning Commission, students can now purchase Hazelnut with Lots of Chocolate ice cream from the Call Hall dairy bar."

The Higher Learning Commission will stay on campus today, and results are expected to be back to K-State in August or September of this year.

Program's rigorous standards 'worth it'

Quality of education in school of Architecture among top 5 in the nation

Elizabeth Hughes
staff writer

According to the 2012 edition of DesignIntelligence, a compilation of rankings for architecture schools in the United States, K-State is home to the fifth-best graduate architecture program in the nation.

While it might not be new to hear about the distinguished reputation of K-State architecture, many students do not realize know what kind of challenges architecture students overcome everyday to be a part of such a rigorous and highly regarded program.

In addition to 12 hours of required class time, architecture students said they spend anywhere from 40 to 60 hours a week in studio.

When a deadline is looming, however, students spend as much time as possible working on their projects, which can mean very little sleep and nearly 24-hour work days.

Lillian Cooper, graduate student in architecture, said she was aware of the time commitment before she arrived at K-State, but might not have been quite prepared to spend so much time doing work for classes and studio.

"When I toured the department as a senior in high school, I heard that I would be spending about 40 hours in studio each week. I believed it, but I didn't really realize what I was getting myself into," Cooper said. "You have to find out how you're going to get everything done. I don't think they even really give you quite enough time.

"It's all about pushing yourself and your priorities, so that's definitely hard."

Cory Meyer, graduate student in architecture, said time management and saying no to other extracurriculars are the greatest challenges of such a busy schedule.

"It's hard seeing other people around you with more time," Meyer said.

"I have numerous friends in other majors and they always want me to do things with them and sometimes I have to say no because I have a deadline coming up.

In a sense, I feel like I miss out on some college experiences, but you have to weigh your options."

To relieve stress, Meyer said he makes a point of getting out of the studio and taking time for other activities. He tries to make his schedule less monotonous by mixing it up with trips to Peters Recreation



Caroline Sweeney | Collegian

Left to Right : **Craig Alexander**, 5th year senior in architecture and **Anthony Luca**, 5th year senior in architecture work on sketches for a possible project in Seaton Hall.



Caroline Sweeney | Collegian

Lindsey Brunner, freshman in architecture, works on a rendering of her final project. This rendering is worth 50 percent of her grade.

ARCH | pg. 6

Students learn dances from around the world

International week continues with ethnic dance demonstrations

Karen Ingram
staff writer

The K-State Student Union

Courtyard was filled with

music and laughter as more

than 30 students participated

in "International Dance Steps"

on Monday. The International

Coordinating Council hosted

the event as part of Interna-

tional Week, which gave

students a chance to learn

about other cultures by trying

out basic dance moves from

around the world.

diverse K-State is," said Benita Mugabo, sophomore in management and information systems. "It's important for students to learn about other cultures and to share with others."

Mugabo hails from Rwanda, but taught a Pacific Island

dance called "Tutuki" that she

had learned from a friend in

high school. The dance did not

involve much stepping, but in-

stead focused on arm and hip

movements. The music she

chose for the dance was from

Fiji.

Marazula, a medieval Eu-

ropean dance, had partici-

pants doing simple stepping

and clapping in a circle, but

the tempo of the music kept

getting faster and faster. The

group scrambled to keep up

with the music, laughing at the

results.

"It was awesome," said

Ashley Atwell, senior in educa-

tion and biology. "It's a

workout with a purpose, and

you get some culture out of it,

too."

Atwell said she is on the

Swing and Salsa Club's List-

serv and heard about the event

through an email from them.

She had participated in the

event last year, where she tried

a Russian dance, and said it



Shelby Daniels | Collegian

International dance lessons were conducted in the K-State Student Union Courtyard Monday night, featuring performances and lessons by dancers from all over the world.

was neat to try a dance from a different area this time.

Mackenzie Mong, vice president of the Swing and Salsa Club and freshman in open option, taught the students some basic moves in Salsa dancing. The participants broke up into partners and learned basic steps for the "leader," who is traditionally the male, and the "follower" who is usually the female.

Mong taught steps and turns for both the leader and follower, then turned on the music

and moved among the dancers, counting the steps aloud and helping those who needed it.

People gathered on the balconies of the second and third floors above to watch, some of them moving their heads and hips to the music while the dancers practiced their turns, smiling and laughing.

Mong said she had just started learning the dance herself earlier this year.

DANCE | pg. 6

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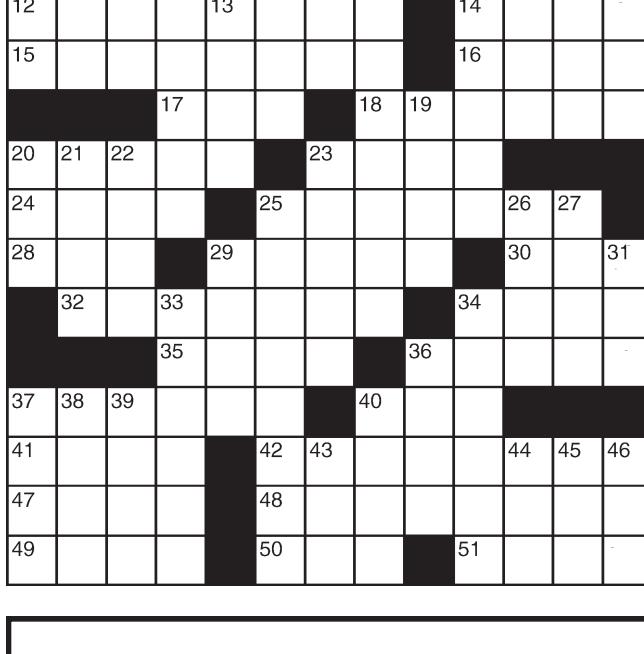
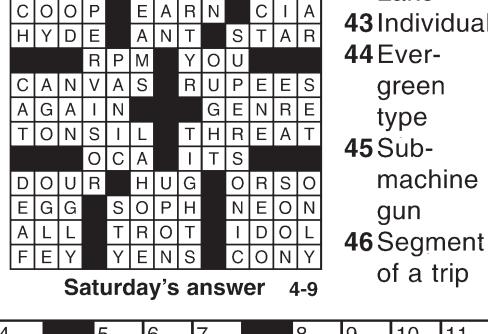
ACROSS

- 1 Columns' crossers
- 5 Head of st.
- 8 Despot
- 12 Turkish peninsula region
- 14 Crosby's pal
- 15 Predict
- 16 Parks at a bus stop?
- 17 Bowling target
- 18 Danish money
- 20 Covers a present
- 23 Actress Cannon
- 24 Roll call reply
- 25 Skill for an identity thief
- 28 Longing
- 29 "Sesame Street" Muppet
- 30 Lummoxx
- 32 "Wheel of —"
- 34 Staff

DOWN

- 35 Operatic solo
- 36 Rouse
- 37 Hedge shrub
- 40 Listener
- 41 Jeans-maker
- 42 Strong
- 43 Alda or Thicke
- 44 Become a band of workers
- 45 Zilch
- 46 CSA
- 47 Alda or Thicke
- 48 Become a band of workers
- 49 Zilch
- 50 CSA
- 51 Branch of advanced math
- 10 Church
- 11 Back
- 13 Elevator name
- 19 Anger
- 20 "How come?"
- 21 Coral Yoko construction
- 22 River shrub game
- 23 Summer plain
- 24 Treeless plain
- 25 Singer
- 26 Lubricate
- 27 Valhalla
- 28 Royal maidens
- 29 To be (Fr.)
- 30 Church
- 31 Swamp
- 32 Gorge
- 33 Mom
- 34 Dad
- 35 Texas city
- 36 Lubricate
- 37 Blueprint
- 38 Move, to a Realtor
- 39 — the Terrible
- 40 Great Lake
- 41 Individual
- 42 Ever-green
- 43 Type
- 44 Sub-machine gun
- 45 Segment
- 46 of a trip

Solution time: 24 mins.



Logan's Run | By Erin Logan



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CORRECTIONS

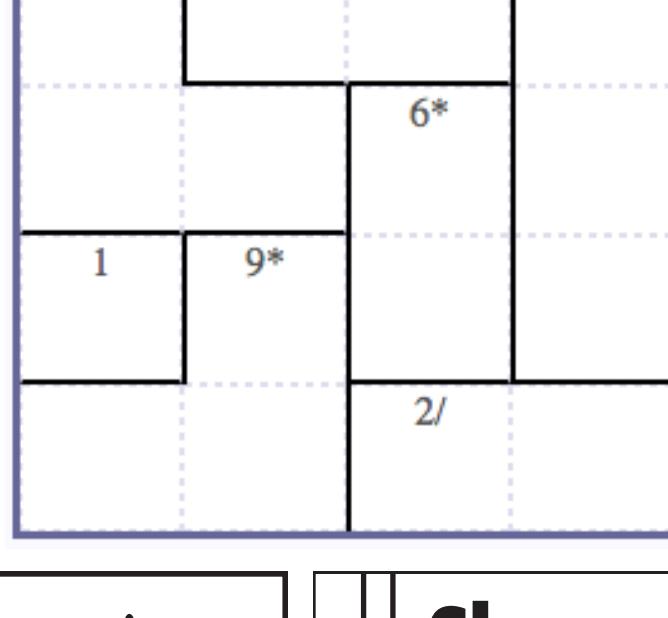
If you see something that should be corrected or clarified, please call our managing editor Kelsey Castanon at 785-532-6556, or email her at news@kstatecollegian.com

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KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.



4-9

CRYPTOQUIP

Q V V C O O D O N L Z V L T B ,
F Q W Q , H T O Z E L X V C O D Y R B V
W L R X F O Q T L R X N Q W W X H F C V

V O W W H X F Z L T X O Q Y L E O B .
Saturday's **Cryptoquip:** EPIC POEM EXPANDING ON THE FAILURE TO RECALL A SELF-CONTRADICTING STATEMENT: "PARADOX LOST."

Today's Cryptoquip Clue: W equals L

THE BLOTTER

ARREST REPORTS

SUNDAY

Jason David Boswell, of Salina, was booked for probation violation. Bond was set at \$391.

Andrew Lloyd Sylvester, of the 1100 block of Laramie Street, was booked for driving under the influence. Bond was set at \$750.

Compiled by Sarah Rajweski.

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Crash @CrashTheGent 1h
#ThatAwkwardMoment when Willard sounds like the dentist #TheFourum

Derek Skinner @DerekSkinner3 1h
I've had senioritis since the 7th grade. #TheFourum

Nathan @HappyBroseph 24m
What horrible weather. Thanks April. #theforum

Zoey Dog @ZoeyDog2 41m
Are you thinking what I'm thinking? No, I'm thinking what I'm thinking. #theforum

Fighting Frogs @FightingFrogs 3h
Barmageddon is here! #theFourum

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Hashtag your thoughts with #theforum.

Your tweets must be unprotected.

sports

World Series Championship may be in Royals' future



Spencer Low

Coming into a 2012 season with expectations as high as they have been in the last 10 years, the Kansas City Royals revealed their slogan for this year: "Our Time." It's easy to see where they are coming from when looking at a team loaded with young talent, many of which were a part of what some baseball writers nationwide called the greatest minor league system ever just a year ago. The Royals' time is not just this year, but they have a window of opportunity the next few years, and for the first time in a while, there may be light at the end of the tunnel for disparaged Kansas City baseball fans.

Few people reading this can remember a time when the Royals were truly a great team. The '80s saw Kansas City its first and only World Series Championship and those players in powder blue were some of the best to ever take the field in Kauffman Stadium. Between George Brett, Frank White and Willie Wilson spraying balls all over the diamond and Bret Saberhagen, Mark Gubicza and Dan Quisenberry dominating hitters from the mound, Kansas City had plenty to celebrate. Today's fans have seen stars come through - Carlos Beltran, Mike Sweeney, Johnny Damon, Zack Greinke, to name a few - but have never seen a team as well-rounded as this one threatens to be.



Kansas City Royals general manager Ned Yost looks on as Eric Hosmer greets teammate Chris Getz in the dugout of Kauffman Stadium during their game against the Baltimore Orioles on May 26, 2011.

Before the start of last season, as preseason rankings of minor league systems emerged, it became evident that Royals general manager Dayton Moore had established the best system of any team in the majors, possibly of all time. Batters Eric Hosmer, Mike Moustakas and Wil Myers were all

ranked in the top 10 overall according to Baseball America, while pitchers John Lamb and Mike Montgomery also found themselves in the top 20.

On May 6, 2011, Hosmer took the field for Kansas City for the first time after being called up from AAA Omaha, where he hit a gaudy .439 in

98 at-bats for the Storm Chasers. He finished the season with a .293 batting average in the majors, slugging 19 homers and finished third in voting for the American League Rookie of the Year voting.

ROYALS | pg. 6

Nutrition, sleep are key



Kelly McHugh

Over spring break, I registered for my triathlon. Once I paid the fee, selected my T-shirt size and marked it down on my calendar, everything became a lot more real. I found myself realizing that there is a lot more I should be doing to prepare than just working out. I have realized on the days that I do not have time for breakfast or lunch, or even days that I do not eat things that are healthy, my workouts usually are not quite up to par. On the flip side, if I find if I consume a good diet, I can usually do pretty well when I work out.

While I am a lot more disciplined now at fitting my workout into my busy schedule every day, I realized I need to be more disciplined with my diet, too, if I plan on performing my best.

I recently wrote an article all about nutrition and college students. It was an eye-opening experience because when I finished writing, I realized I was one of those college students I was writing about — one of those busy people with bad eating habits.

I skipped breakfast a lot and did not get nearly enough servings of fruits and vegetables that I need on a daily basis.

And I wondered why some days running two miles was the hardest

thing in the world, and other days, running five miles was no problem.

According to Sara Rosenkranz, assistant professor of nutrition, people should always start their day with a good breakfast and try to fit in three to five servings of fruits and vegetables per day. A breakfast that mixes three food groups is ideal.

Rosenkranz said for breakfast one should eat proteins, "with hopefully a whole grain type of carbohydrate. It's a great time to eat some fruit, especially people who have difficulty fitting fruits and vegetables into their day," she said. "If you make that sort of a rule of thumb, 'You know what, I'm going to have a serving of fruit with my breakfast,' that's a great way to do it."

Rosenkranz said skipping breakfast can be tied to sleeping problems, which is another area I should improve on in my triathlon preparation.

Sleep is important for athletes to compete to their best ability. According to a Jan. 2006 article by Harvard Health Publications, getting enough sleep, six hours or more per night, can help people perform well with their everyday activities.

Chances are if an athlete is sluggish and in a bad mood, their daily workout will reflect that.

So for the next month, and hopefully from now on and even after my triathlon on May 5, while I am going to continue my focus on working out enough, I also plan on focusing on bettering my nutrition and making sure I get the right amount of sleep.

Kelly McHugh is a junior in journalism and mass communications. Please send comments to sports@kstatecollegian.com

Two-minute drill

Sean Frye
staff writer

NFL

Commissioner Roger Goodell and the NFL decided on Monday to uphold the suspensions levied against the New Orleans Saints coaching staff. The decision came after the Saints filed an appeal of NFL suspensions, which relate to the ongoing controversy about the bounty program that awarded players for injuring opponents. Players involved have yet to be notified of the disciplinary action they face. The primary figure in the bounty program, former Saints' defensive coordinator Gregg Williams, did not appeal his indefinite suspension. Head coach Sean Payton faces a year-long suspension, general manager Mickey Loomis is suspended for eight games and assistant coach Joe Vitt will miss six games.

NBA

After a tumultuous few months, forward Lamar Odom and the Dallas Mavericks have parted ways in what is being called a mutual agreement. The agreement reportedly states that Odom is leaving the team without an official release. Odom is now ineligible to play in the playoffs with any other NBA team because he was not waived prior to a March 23 deadline. The Mavericks traded for the former Laker star prior to the start of the season. However,

Odom has experienced career lows in minutes played, and other distractions, including the murder of a cousin, have hindered Odom since his arrival.

NCAA

Fresh off a 40-0 national championship season for their women's basketball program, the Baylor Bears' celebration might be brought to an abrupt halt. It was reported Monday that both the men's and women's teams could face NCAA sanctions following the discovery of more than 1,200 impermissible phone calls and text messages. Perpetrators of the violations include men's head coach Scott Drew, women's head coach Kim Mulkey and their assistants. The NCAA's findings are the result of a probe that began when Baylor recruited women's superstar Brittney Griner. Baylor has already imposed sanctions on itself, and the NCAA will decide if additional penalties are necessary as early as this week.

MLB

New Miami Marlins manager Ozzie Guillen is in hot water over comments he made about Fidel Castro. Guillen made comments in a Time Magazine article last week, praising Castro for his longevity. This prompted the Marlins to release a statement condemning Castro as a "brutal dictator." Guillen has expressed regret over the comments and plans to hold a press conference in Miami at 10:30 a.m. Eastern time today to address the controversy.

DRUGS | pg. 6

The HLC is coming!

The HLC would like to know what faculty/staff thinks about K-State!

All faculty and staff are invited to the

Higher Learning Commission
reaccreditation open forum

3-4 p.m. Tuesday, April 10, 2012

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NOW HIRING</

Tanning law is 'nanny-like,' parents need to set rules



Abby Belden

In a society where golden skin is in all year, tanning salons offer the solution during the cold winter months, before proms, weddings, vacations and more. Today, tanning is glorified, advertised and a common practice.

While tanning is a known cause for cancer, it does not stop teenagers and college students alike from lying under or standing in front of UV lamps with no restrictions. That is changing, however, for some indoor tanners in other states.

According to an Oct. 9, 2011, Huffington Post article by Don Thompson, the state of California has banned tanning for anyone under the age of 18, unless parents of children 15-17 give their consent. California is not alone; 30 other states have also put restrictions on indoor tanning. Texas has adopted similar restrictions, and according to Thompson's article, has "banned the use of tanning beds for children under 16."

The law in California took effect on Jan. 1 of this year, but will this ban on tanning, or "fake baking," achieve the desired outcome? Supporters hope the restrictions on

tanning bed usage will help reduce the risk of melanoma.

According to a state-by-state comparison of tanning restrictions for minors issued by the National Conference of State Legislatures, "While exposure to UV light is fairly consistent across all age groups, research indicates that high risk exposure happens more commonly in teens and that blistering sunburns and overexposure during childhood greatly increase the chances of developing skin cancer later in life."

When it comes to wanting that sun-kissed glow, I am guilty. I lounge out in the summer sun, using a small amount of sunscreen. When I was younger, my dad would drop me off at my hometown pool at noon, and I would be there until 6 in the evening. Even though I could hear my grandma's voice in my head telling me to reapply sunscreen, a few of my summers began with a sunburn and a can of Solarcaine.

I am also guilty of paying for an unlimited "sun package" in a tanning salon so I was not translucent during certain events and not at risk for becoming lobster red during spring break at the beach.

Decreasing the use of tanning beds for teenagers between the ages of 15 and 17 is a sound idea because, according to the Skin Cancer Foundation, indoor tanners are "74 percent more likely to develop melanoma than



Illustration by Erin Logan

those who have never tanned indoors."

The question the ban doesn't answer is if the ban is overstepping its bounds and overshadowing parents' judgment and decision-making skills.

When I began tanning in my sophomore year of high school, my mother and I discussed how many times a week I could tan and for how long. It seemed unfair to tan one to two times a week, when my friends were going almost daily, but I will thank my mom 25 years from now when I do not look like a leather purse.

It is the parents' job to

monitor what their kids are doing, whether they want to know who their kids are going to the movies with, who they are driving around with or even how often they are tanning up until they are 18. I am not in disagreement with the idea behind the ban — I see the reasoning behind such a law — but I think the ban takes the decision away from the parents when the state takes on the "nanny" role. While the ban's intentions are good, I think there is too much state involvement. The decision needs to involve the parents; it is important that the child and parent come to an understanding of

whether or not the parent is OK with the child tanning.

Now, I do not agree with children under the age of 15 tanning, let's be clear: I think 15 is too young to tan. However, I do not think there needs to be a law that requires parental consent for their children to tan. If a tanning salon wants to set those requirements, I think that is fine, but ultimately, the parents need to be involved because it involves their child's health and tanning young can have future consequences.

Minors need to learn the risks of tanning, indoor and outside. The "positives" of tanning last only for those purchased minutes or the time spent lounging at the pool, but the cancer it can cause will last much longer. Concerned parents need to talk about indoor tanning with their children, set rules concerning if their children are allowed to tan and also need to discuss the importance of sunscreen during the spring and summer months. Are they going to set a ban on beach time?

The states that have put restrictions and bans on indoor tanning need to resign from their "nanny" position and parents need to take a more hands-on and upfront approach with their children, not let a law do their parenting for them.

Abby Belden is a senior in journalism and mass communications. Please send comments to opinion@kstatecollegian.com.

TO THE POINT Effects of tanning should be considered

To the point is an editorial selected and debated by the editorial board and written after a majority opinion is formed. This is the Collegian's official opinion.

States already impose age restrictions on gambling, purchasing cigarettes, alcohol and even purchasing tickets to R-rated movies. Until recently, indoor tanning hasn't been one of those restricted activities, but now, many states are considering adding tanning to the list.

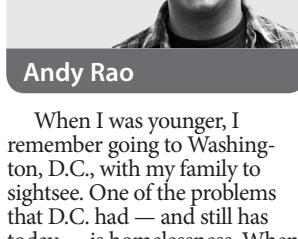
While certain states are entirely banning tanning for adolescents under a certain age, others are simply requiring minor children above a certain age to have parental consent in order to tan. As an editorial board, we think that developing skin cancer as a result of indoor tanning is a serious issue that needs to be addressed, but we think that outright bans on tanning for minors is too much involvement on the part of the state.

Requiring parental consent, as some states do, provides a good middle ground. When parents and their minor children have the discussions leading up to whether or not the child will be allowed to tan, they will hopefully discuss important issues like skin cancer and skin health. Requiring parental consent opens up the opportunity for a conversation on tanning and skin cancer as opposed to a simply prohibitive ban.

Skin cancer due to ultraviolet exposure is fairly preventable, and this issue brings up another point. We all need to consider the potential consequences of any and all actions we make regarding our bodies. As for tanning or any other appearance-related practice, we all need to consider our priorities and whether appearance now is worth the possibility of future health issues.

For the people who do like the look of a tan but don't want to run the risk of developing melanoma, there are alternatives, including spray tans, self-tanning lotions, bronzers and short periods of natural sunlight. After all, we can't forget about vitamin D, we just have to be sensible about our UV exposure.

Applicants should be drug tested before receiving welfare



Andy Rao

When I was younger, I remember going to Washington, D.C., with my family to sightsee. One of the problems that D.C. had — and still has today — is homelessness. When my dad and I walked by one homeless man, I remember that he offered the man food instead of money.

According to my dad, giving the man food was the right thing to do because giving him money would have just given him a chance to use that money for drugs.

Although I didn't believe it when I was younger, I agree completely with my dad now. This same concept holds true when observing welfare systems, because as a tax-paying citizen, I don't want my hard-earned paychecks to fund a homeless drug addict's cocaine fix, and I highly doubt that anyone else does either.

I am a strong proponent of welfare, philanthropy and other forms of aid that help those in need.

Programs that help the disabled, the elderly and even the thousands of unemployed Americans who have lost their jobs during the recession are one of the reasons that this nation has a strong support system that strives for class equality.

As someone who contributes to the welfare system through taxes, I want to ensure that my

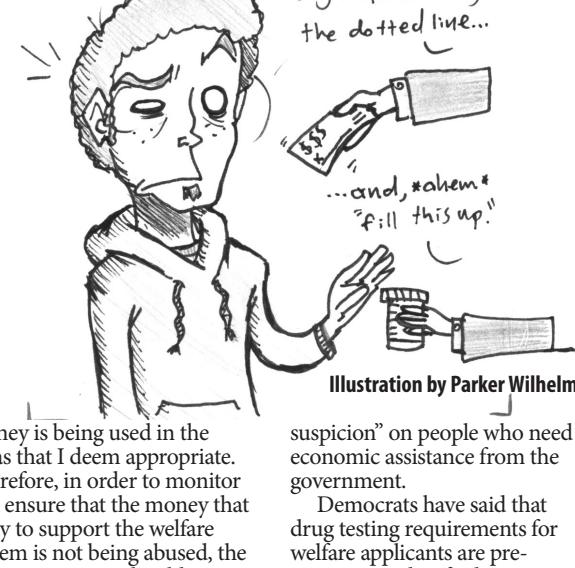


Illustration by Parker Wilhelm

money is being used in the areas that I deem appropriate. Therefore, in order to monitor and ensure that the money that I pay to support the welfare system is not being abused, the U.S. government should require those applying for welfare benefits to pass a drug test in order to receive taxpayer help.

A select few states have already started this process, but this system needs to extend to the nation as a whole. According to a Feb. 29 USA Today article by Yamchee Alcindor, Florida has already established laws requiring welfare applicants to get drug tested in order to receive aid, and other states like Arizona and Missouri are following suit.

The movement is seen as a mainly conservative-backed initiative, with many traditional Republican states supporting the requirement. While most red states support the proposal, liberals believe that drug testing welfare applicants "assumes

do not take are their business; as long as they are not using the hard-earned money of others to fund their fix, they are free to do what they want at their own expense and at risk of breaking the law and getting caught.

If a welfare applicant tests positive, I am all for helping cure the applicant's drug problems.

Programs that rehabilitate these individuals can bring positive change and can end the cycle of addiction.

"The idea from Joe Taxpayer is, 'I don't mind helping you out, but you need to show that you're looking for work, or better yet that you're employed, and that you're drug and alcohol free,'" said Edward A.

Andy Rao is a sophomore in accounting and finance. Please send comments to opinion@kstatecollegian.com.

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ARCH | Time in studio demanding

Continued from page 1

Complex or by spending time with friends — anything with a calming, stress-free environment.

"There's a lot of people who drop out because it is such a grueling major with a lot of time commitment," he said. "But what it all comes down to for me is I really enjoy studying and learning about architecture. The time and everything else that comes with it is really worth it to me. I feel like you have to enjoy it to be able to endure the challenges."

David Sachs, distinguished professor of architecture, is very aware of the time commitment and dedication required of his students. He noted, however, that it is not unusual for architecture students to blend their schoolwork and social lives together.

Meyer and Cooper both noted the close relationships that form during those grueling, endless hours of studio.

"What sets K-State apart are the close bonds between the students," Meyer said. "I can't speak for the other departments, but we have something special and it really does feel like K-State has a solid family within the College of Architecture."

Cooper agreed, saying that the long hours have helped her make close friends, despite having to focus on projects in studio.

"The way things are set up in the studio environment and the family aspect of it is very unique," Cooper said. "Your studio mates become your second family and your home away from home. I don't really know how other programs function, but I guess we've got to be doing something right."

Sachs attributed the school's success to bright, hardworking students and talented, dedicated professors who are committed to teaching, saying that the architecture program holds students to a high standard: "Good enough is not good enough around here."

"We have a long history of that spirit in K-State architecture," he said. "It's what drives the program. It's not something you invent, it just has to grow. I expect that my students be open-minded, self-motivated, self-critical and willing to think about things in new ways and try things that they haven't tried before."

Cooper said although expectations are clear, she believes a lot of the conditions and instruction go unsaid. Both students and professors know a completed project will require at least a few "all-nighters," but it is not often discussed in class.

"It's definitely a rigorous program and not for everyone," she said. "When it gets stressful, it's easy to think about what it would be like doing something different, but all that aside, I can't imagine doing anything different. I love what I'm doing, I love challenging myself, and I love the prospect of what I'm going to be when I graduate and what I'm going to be able to accomplish. I would never change it."

DANCE | Event teaches culture through dance

Continued from page 1

"It's very diverse and complex," Mong said. "There's always more to learn."

Nick Braun, sophomore in kinesiology and nutrition, participated in all of the dances and said Salsa was his favorite one to learn. Braun had decided to participate in the event for credit in his anthropology class, which had assigned students to experience different cultural events and write about it.

"It was a lot of fun," Braun said. "If I ever go out and party I can try this out."

Shagun Sharma, junior in information systems, also said she enjoyed learning Salsa dancing because she had always wanted to try it and had never had time.

Sharma taught the participants a dance from Northern India, called Bhangra, which she has been doing since childhood. She also taught the dance at last year's event, and said there were many reasons why she enjoyed dancing. One of the main reasons was because she had the chance to represent her country.

"It's a good way to work out," Sharma said. "It's important to enhance your hobbies and represent your culture."

Students will have more chances to experience other cultures as International Week continues. The International Fashion Show will take place today at 6:30 p.m. in Forum Hall. There will be a panel discussion entitled "International Education and World Peace: Compatible or Incompatible?" on Wednesday at 5:30 in Forum Hall. The International Cultural Exhibition will take place on Friday from 10 a.m. to 2 p.m. in the Union Courtyard.

More information about these and other upcoming events can be found at www.k-state.edu/icc/ or on K-State's calendar at www.k-state.edu/calendar/.

Shelby Daniels | Collegian

Yi Cao (left), sophomore in hospitality management and the event coordinator for the International Coordinating Council, helps teach a dance with instructor **Shagun Sharma** (right), junior in information systems, on Monday in the K-State Student Union Courtyard.



Dark chocolate may have health benefits

The sweet treat is low on glycemic index, helps control appetite, says health expert

Laura Dold
contributing writer

Editor's Note: This article was completed as an assignment for a class in the A.Q. Miller School of Journalism and Mass Communications.

For many people, chocolate is soul food. The usually sugary delight is a treat for the taste buds, but conventional wisdom says eating too much chocolate can cause a variety of health problems.

One kind of chocolate, however, may change all of that.

According to Michelle Yakshaw, nurse at Saint Luke's South Hospital in Overland Park, Kan., dark chocolate is low on the glycemic index, which means it breaks down in the digestive tract slowly. Low glycemic foods promote feelings of fullness and can suppress the appetite.

"This might help people, especially college students who exercise more and eat less," Yakshaw said.

Eating just a little dark chocolate every day could have a positive effect on your



Dark chocolate has many benefits. One of the popular hotspots for chocolate in Manhattan is Rocky Mountain Chocolate Factory, which is located in Aggierville.

weight loss goals, she said.

In addition, dark chocolate, which is made from cacao beans, can aid in mood stability and boosting positive feelings. Yakshaw said dark chocolate is full of flavonoids that are good for the heart and can keep cholesterol from gathering in the body's blood vessels and reduce the risk of blood clots and clogged arteries.

"I think sharing facts about nutritional studies is important because it just goes to show that some things that are considered 'bad' can actually have some health benefits," said Shanna Stewart, sophomore in kinesiology

and nutrition. "Some people take such drastic measures to lose weight and they end up denying themselves."

However, there are people like Blair Konczal, sophomore in mass communications and digital media, who still do not have a palate for dark chocolate even after hearing the positive side effects.

"I would rather eat something else that would make me lose weight besides dark chocolate, like vegetables," Konczal said. "Dark chocolate is gross."

Many college students set goals to lose their "freshman 15" or to lose weight for

swimsuit season, and eating dark chocolate could provide a supplement to a healthy diet and ample exercise.

Eating a full chocolate bar every day, however, might not be wise. Research conducted by Ecole Chocolat, a self-described professional school of chocolate arts,

suggests that the most effective dose of dark chocolate should be limited to 1 ounce and contain at least 70 percent cacao.

"Too much of a good thing can still be bad, since it contains a high amount of calories and fat," Yakshaw said. "Moderation is the key to a successful diet."

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For more information on HLC accreditation, visit www.k-state.edu/hlcstudy/

ROYALS | 'Our Time' possibilities

Continued from page 3

A month later, Moustakas made his major league debut for the Royals, and despite a slow start, finished the season with a .263 batting average. However, Moose heated up at the end of the season, hitting .379 with four homers and 12 doubles in his last 36 games.

Hosmer and Moustakas may have been the two highest profile debuts, but they certainly weren't the only ones. Aaron Crow was the Royal's representative in last year's All-Star game, and Greg Holland finished the year with a 1.80 ERA, striking out 74 batters in 60 innings. Danny Duffy showed some nasty pitches and solidified his spot as an integral part of this year's rotation. Tim Collins, Everett Teaford, Louis Coleman and Kelvin Herrera all made their big league debuts out of the bullpen. Second baseman Johnny Giavotella appeared in 46 games at second base, and catcher Salvador Perez hit .331 in 39 games.

The best is certainly yet to come for the Royals, as all their talent comes together, and more youngsters arrive from a loaded minor league system in the next few years. The next five years might well see another World Series trophy in Kansas City, and at the very least, playoff contention. A meaningful September has not happened for the Royals in years, and while we may not see one this year, the time is just around the corner when we will. "Our Time" will not stop at the end of 2012, but it has certainly started.

Spencer Low is a sophomore in political science. Please send comments to sports@kstatecollegian.com.

DRUGS | No change in influence

Continued from page 3

The influence of drugs hasn't changed over the years, but Thomason says the way it's portrayed is different than it has been for quite some time.

"Overall, I think it depends on the environmental surroundings," Thomason said. "You hear about it way more than you used to and every sport has its own challenges. We haven't seen an increase in usage, but at the same time, we recognize that with today's science and technology there are ways to get around just about everything and we need to be aware of that."



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